

Statistics Report 35132, Melon, banana (Navajo)

Report Date: July 16, 2017 03:24 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water 1	g	94.66	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Energy	kcal	21	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2004
Energy	kJ	90	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2004
Protein 1	g	0.84	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Total lipid (fat) 1	g	0.20	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Ash 1	g	0.24	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Carbohydrate, by difference	g	4.06	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2004
Fiber, total dietary 1	g	0.3	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Sugars, total 1	g	3.36	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Sucrose 1	g	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Glucose (dextrose) 1	g	1.30	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Fructose 1	g	2.06	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Lactose 1	g	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Maltose 1	g	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Galactose 1	g	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Starch 1	g	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Minerals													
Calcium, Ca 1	mg	13	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Iron, Fe 1	mg	0.21	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Magnesium, Mg 1	mg	10	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004

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Phosphorus, P 1	mg	9	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Potassium, K 1	mg	140	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Sodium, Na 1	mg	11	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Zinc, Zn 1	mg	0.14	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Copper, Cu 1	mg	0.035	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Manganese, Mn 1	mg	0.036	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Selenium, Se 1	µg	0.4	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Vitamins													
Vitamin C, total ascorbic acid 1	mg	8.1	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Thiamin 1	mg	0.020	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Riboflavin 1	mg	0.018	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004

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Niacin 1	mg	0.460	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Pantothenic acid 1	mg	0.070	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Vitamin B-6 1	mg	0.050	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Folate, total 1	µg	20	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Folate, food	µg	20	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Vitamin E (alpha-tocopherol) 1	mg	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Tocopherol, beta 1	mg	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Tocopherol, gamma 1	mg	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Tocopherol, delta 1	mg	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Vitamin K (phylloquinone) 1	µg	4.9	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Flavonoids													
Proanthocyanidin													
Proanthocyanidin dimers 2	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Proanthocyanidin trimers 2	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Proanthocyanidin 4-6mers 2	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Proanthocyanidin 7-10mers 2	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Proanthocyanidin polymers (>10mers) 2	mg	0.0	--	--	0	0	--	--	--	--	--	--	--

Sources of Data
¹*Nutrient Data Laboratory, ARS, USDA American Indian/Alaskan Native Database - Navajo Foods 1999-2000*, 2000 Beltsville MD

²*Gu, L., Kelm, M.A., Hammerstone, J.F., Beecher, G., Holden, J., Haytowitz, D., Gebhardt, S., and Prior, R.L. Screening foods containing proanthocyanidins and their structural characterization using LC-MS/MS and thiolytic degradation*, 2003 J. Agric. Food Chem. 51 pp.7513-7521